

LOVE AND FORGIVENESS AFFIRMATIONS

I love myself unconditionally.
I bless myself, and forgive myself
for all the mistakes I believe I have made.
Because I recognize that, in Truth,
there are no mistakes. Only choices.
Some choices bring me the results I want. Some don't.
But all are learning experiences
that help me grow in love and in wisdom.
As I let go of self-condemnation,
I open my heart to love and forgive others, as well.
I forgive all those who I perceive to have hurt me,
or who have reflected my own wounds back to me.
And I pray for the healing of their own wounds,
and I no longer take all of their actions personally.
I affirm the divine worth of others,
even if I cannot condone their behavior.
I let go of all of my judgments against them,
and I release all of my resentments towards them.
I bless them for the lessons they came to teach me,
and I free them to pursue their own spiritual path.
I remember that God is the healing energy of Love.
And, as a holy child of God,
I, too, am the healing energy of Love.
I now choose to live my life
as it is divinely inspired to be lived:
Not only with passion,
but with unconditional compassion
for myself, and for all others.